

Rule of life planner

"Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls." Jeremiah 6:16

Practices for communion with God: to be loved, significant, and free			
DAILY	What resources will you use or need? How will you practice this?	Where will you do this practice?	When? At what time will you practice this?
Morning prayer			
Afternoon prayer			
Evening examen			
Scripture			
Digitally disengage			

"The most powerful choices we will make in our lives are not about specific decisions but about patterns of life: the nudges and disciplines that will shape all our other choices." (Andy Crouch)

Practices for communion with God: to be loved, significant, and free

			WEEKLY
When? At what time will you practice this?	Where will you do this practice?	What resources will you use or need? How will you practice this?	
			Sabbath (including a technology sabbath)
			Common worship
			Hospitality
			Fasting
			Silence
			Friendships (Triad)

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